

## Food Additive Intolerance Test Report

Name: Sample Report Date: 10,25,20 Practitioner: Dr. Joel Villeneuve N.D

Amaranth		Locust Bean Gum/Carob Gum E410	
Acetic Acid E260		Malic Acid	
Alginic Acid E400		Monosodium Glutamate	
Ascorbic Acid/Vitamin C E300		Patent Blue V	
Aspartame		Pectin E440(a)	
Benzoic Acid		Phosphoric Acid E338	
Beta-Carotene		Ponceau 4R/Cochineal Red	
Black PN/Brilliant Black BN		Potassium Sorbate	
Brilliant Blue FCF		Quinoline Yellow	
Brown FK		Red 2G	
Brown HT		Saccharin	
Butylated Hydroxyanisole/BHA		Sodium Alginate E401	
Butylated Hydroxytoluene/BHT		Sodium Benzoate	
Caffeine		Sodium Bicarbonate	
Carnosine/azorubine		Sodium Carboxy Methylcellulose	
Carnauba Wax 903		Sodium Citrate	
Carrageenan E407		Sodium Hydrogen Sulphite E222	
Citric Acid		Sodium Metabisulphite	
Curcumin E100		Sodium Nitrite E250	
Dimethyl Dicarbonate		Sorbitan Monostearate	
Erythrosine		Sorbitol E420(i)	
Green S/Acid Brilliant Green BS		Sunset Yellow/Orange Yellow	
Guar Gum E412		Tartaric Acid	
Gum Acacia E414		Tartrazine	
Indigo Carmine/Indigotine		Titanium Dioxide E171	
Lactic Acid E270		Vanillin	
Lactose		Wood Distillate	
Lecithin E322		Xanthan Gum E415	

The Revivelif Clinic uses the Vega test as a supportive technique (not a diagnostic or treatment device) used in conjunction with an individual's history, physical findings or laboratory tests. The information gathered is used in conjunction with the traditional elimination challenge technique to determine a person's food sensitivities. The Vega test along with a patient's history will facilitate food sensitivity assessment which is to be noted different than food allergy detection. If a person has other allergies it is important for them to overlap these results with any other food sensitivities that are determined.

## Information on Food Additives

**Amaranth** - Used in soups, truffles, jelly, jams, gravy granules, ice-creams, and tinned fruit pie fillings

**Aspartame**, a low-calorie artificial sweetener, has been permitted for use as a food additive in Canada since 1981 in a number of foods including soft drinks, desserts, breakfast cereals and chewing gum and is also available as a table-top sweetener.

**Benzoic acid** Used in a large range of acidic products like alcoholic beverages (wines, spirits, pre-mixed spirits), soft drinks, cordials, sports drinks, salad dressings, condiments, fish (smoked, dried, fermented), fruit juice concentrates, ciders, vinegar, sauces

**Beta Carotene** can be found in different Beverages, Frozen foods, Fruit fillings, Candies, Baked goods

**Brilliant Black** Because brilliant black is an azo dye, it may produce adverse reactions in individuals with aspirin allergy and it may also cause hives. Brilliant black is believed to have an effect on hyperactivity and ADHD in children.

**Brilliant Blue** is often found in ice cream, canned processed peas, dairy products, sweets and drinks.

**Brown FK** Used in cured and smoked mackerels, and occasionally in cooked hams and meats.

**Brown HT** Used in milk, chocolate cakes, jams, fish, yogurts and cheeses. It can also be used to substitute caramel or cocoa as a colouring

**Butylated Hydroxyanisole** Used in biscuits, cakes, fats and oils, cereals, pastry and pastry products, nuts, potato snack foods, sweets, and chewing gum. Generally used to keep fats and oil from becoming rancid, as well as preserve food odour, colour, and flavour

**Butylated Hydroxytoluene** Used in biscuits, cakes, fats and oils, cereals, pastry and pastry products

**Carmoisine** Used in jams, jellies, marzipan, preserves, breadcrumbs, brown sauce, and cheesecake mixes

**Citric Acid** Found in foods such as butter oil, fruit juice, bakery goods, alcoholic drinks, beer, cheese and processed cheeses, spreads, cider, biscuits, cake mixes, frozen fish, ice-cream and sorbets, jams, jellies, frozen croquette potatoes and potato waffles, packet soups, sweets, tinned fruits, sauces, vegetables, and wine

**Erthrosine** Used in cake frosting, cake-decorating gels, lollies, canned fruit, tinned and glace cherries, custard mix, pate, stuffed olives, biscuits, and chocolate

**Green S** Used in gravy granules, mint sauce, ice-cream, desserts, tinned peas, and sweets

**Indigo Carmine** Used in biscuits, ice-cream, baked goods, capsules, and tablets

**Malic Acid** Used in fruit juice concentrates, tinned fruit and vegetables, frozen vegetables, soups, broths, beer, ciders, vinegars, condiments, vegetables, sauces, batters, pre-cooked foods, processed meats, soybean products, breakfast cereals, confectionary and snack foods

**Monosodium Glutamate** Used in processed cheese, fat spreads, fat-based desserts, processed fruit, dried vegetables, canned or bottled vegetables, cooked or fried vegetables, breakfast cereals, pre-cooked pastas, batters, bakery wares, processed meat and poultry, semi-preserved fish and fish products, egg-based desserts, seasonings and condiments, soups and broths

**Patent Blue V** is a synthetic coal tar-dye which yields a bluish-violet colour. It is a sodium or calcium salt and has the appearance of a violet powder

**Ponceau 4R** Used in trifles, jellies, tinned strawberries and fruit pie fillings, salami, cake mixes, soups, and dessert toppings

**Potassium Sorbate** Used in a wide variety of products including wine, dairy products (cheese, buttermilk, fermented milk, yogurt, margarine and blends), fruit juice, fruit nectar, jams, confectionary, soft drinks, rye bread, beverage whiteners etc.

**Quinoline Yellow** Uses are cough lollies, scotch eggs, smoked fish, and ice

**Red 2G** Used only in breakfast sausages with a minimum cereal content of 6% and burger meat with a minimum vegetable and/or cereal content of 4%

**Saccharin** Used as a table top sweetener, in baked goods, fruit drinks, preserves, cola beverages, soft drinks, instant coffee, sugars, sugar preserves, confectionery, candies, chocolate products, vinegar, pickles and sauces, salad dressings, chewing gum, gelatin desserts, cocoa etc.

**Sodium Benzoate** Used in a large range of acidic products like alcoholic beverages (wines, spirits, pre-mixed spirits), soft drinks, cordials, sports drinks, salad dressings, condiments, fish (smoked, dried, fermented), fruit juice concentrates, ciders, vinegar, sauces

**Sodium Bicarbonate** Used in beer making, soft drinks, carbonated beverages, sherbet lollies and confectionary, noodles, baked goods, and also used as an additive in baking

**Sodium Carboxy Methylcellulose** Used in milk, low-calorie cream, many pasteurized products, and laxatives

**Sodium Citrate** Found in foods such as ice-cream, jams, sweets, milk powder, processed cheeses, carbonated beverages, and wine

**Sodium Metabisulphite** Used in wine, beer, soft drinks, dried fruit, fruit drinks, vinegar, potato products, condiments, processed fruits and vegetables, fish and shellfish, deli meats, and generally most processed foods. Also used in meat, mainly minces and sausages, but not permitted in normal cuts of meat. Sulphates and sulphites are banned from use in fresh fruit and vegetables

**Sunset Yellow** Used in ice-cream, snack foods, sweets, cereals, packet soups, and cheese sauce mixes. It can also be found in many medications including Ventolin syrup and Berocca

**Tartaric Acid** Used in many products such as baking powder, chewing gum, jams and jellies, sweets, tinned fruit and vegetables, cocoa powder, and frozen dairy produce

**Tartrazine** Used in coloured fizzy drinks, soups, cake mixes, ice-cream, custard powder, chewing gum, fruit cordial, honey products, yoghurt, noodles, pickles, flavoured chips and many convenient fast foods

**Acetic Acid** In the form of vinegar, acetic acid is used in condiments, in the pickling of vegetables, bottled sauces, chutneys and many other acidic foods

**Alginic Acid** Used in many products including custard mixes, yoghurt, jelly, flavoured milk, artificial sweetener base, canned icing, cheese, as well as being used in slimming aids and indigestion tablets

**Ascorbic Acid** Used in many foods including dairy-based drinks (chocolate milk, cocoa, eggnog, drinking yoghurt, whey-based drinks), cheeses (ripened, unripened, and processed), puddings, yoghurts, fat spreads and fat based desserts, dried vegetables, seeds and nuts, pre-cooked pasta and rice and noodles, breakfast cereals, bakery products, sauces, soups and broths, vinegars and dressings, meat casings, sports drinks, energy drinks, electrolyte drinks, confectionary, alcoholic and low-alcoholic beverages, ready to eat savouries, and many more. It is also used as a vitamin supplement.

**Carnauba Wax** In bakery products, chewing gum, cocoa, chocolate, coffee, frostings and sweet sauces, hard and soft confectionary, to wax fruit and vegetables, and in water based flavoured drinks (including sport, energy, or electrolyte drinks

**Carrageenan** Used in many products such as soy milk, pate and processed meats, beer, ice-cream, milk shakes, sweetened condensed milk, sauces and desserts

**Curcumin** Used in curry powders, cheeses, salad dressings, yoghurt, orange juice, biscuits, sauces, baked products, canned beverages, pickles, butter, margarine, and relishes. It is also used to help retain the colour of pre-packaged foods

**Dimethyl Dicarbonate** Used in ready to drink beverages (cider, wine, beer, teas, coffee and substitutes, fruit wine, sports drinks, energy drinks, electrolyte drinks, and carbonated drinks)

**Guar Gum** Used in bakeries, dairies, dressings, sauces, and in the production of processed meats

**Gum Acacia** Used in sweets, soft drinks, wine, jelly, fondants, and chewing gum

**Lactic Acid** Found in foods such as sweets, salad dressings, cakes, biscuits, ready to eat meat and poultry, wheat beers, sour milk and yoghurt, soft drinks, infant formulas, confectionary, pickled foods, tinned fruit and vegetables

**Lecithin** Used in dairy-based products, fat spreads, processed fruits, breakfast cereals, pre-cooked pastas, bakery products, snack foods, chocolate, mustards, soybean-based products, mayonnaise, vinegars, and many more

**Locust Bean Gum** Used in fruit juice drinks, lollies, dressings, ice-creams, and can be used as a caffeine-free substitute for chocolate

**Pectin** Used in many products including marmalades, jellies, jams, fillings, sweets, dairy-based desserts, puddings, fruit or flavoured yoghurt, dairy-based drinks (chocolate milk, cocoa, eggnog, drinking yoghurt, whey-based drinks), sauces, condiments, beer and malt beverages, ciders, wines (non-grape), stabiliser in fruit juices, and fat substitute in baked goods, etc. Also used as a source of dietary fibre

**Phosphoric Acid** Found in foods such as baked goods, cereals and cereal products, dairy products, edible oils and fats, fish and seafood products, meat, poultry and eggs and products, beverages, soft drinks, sugars, sugar preserves and confectionery, alcoholic drinks, vinegar, pickles, and sauces

**Sodium Alginate** Used in many products including custard mixes, yoghurt, jelly, flavoured milk, artificial sweetener base, canned icing, cheese, as well as being used in slimming aids and indigestion tablets

**Sodium Hydrogen Sulphite** Used in wine, beer, soft drinks, dried fruit, fruit drinks, vinegar, potato products, condiments, processed fruits and vegetables, fish and shellfish, deli meats, and generally most processed foods. Also used in meat, mainly minces and sausages, but not permitted in normal cuts of meat. Sulphates and sulphites are banned from use in fresh fruit and vegetables

**Sodium Nitrite** Used in processed and cured meats, luncheon meats, bacon, sausages, ham, hot dogs, salami, smoked and cured fish. Found naturally in root vegetables

**Sorbitan Monostearate** Used as an emulsifier in cake mixes, imitation whipped cream, baked good, and puddings

**Sorbitol** Used as a tabletop sweetener and in most foods labelled diet as a sugar substitute, ice-cream, soft drinks, chewing gum, confectionery, baked goods, chocolate, jams, canned fruits, frozen desserts, cookies, cakes, icings and fillings, fudge, fondants, marshmallows, preserves, jellies, vinegar, pickles, sauces, salad dressings, beer, tea, coffee, and flavoured drinks.

**Titanium Dioxide** Used in horseradish cream and sauces, cottage and Mozzarella cheeses, sweets, vitamin supplements, medications, and toothpaste

**Xanthan Gum** Used in salad dressings, and sauces

**For more information on food additives please visit the following websites**

[www.revivelifeclinic.caom](http://www.revivelifeclinic.caom)

[www.foodditive.com](http://www.foodditive.com)